



NATIONAL ESTHETICS WRITTEN EXAMINATION

CANDIDATE INFORMATION BULLETIN

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The National Esthetics Examination is the national licensure examination for Esthetics, which is developed and administered by the National-Interstate Council of State Boards of Cosmetology. This Information Bulletin includes the Content Outline covered by the National Esthetics Examination, sample questions and the correct answers. The time allowed for the Esthetics written examination is 90 minutes.

SCIENTIFIC CONCEPTS 65 %

Sanitation and Infection Control

- ◇ Microbiology
- ◇ Methods of infection Control
- ◇ Levels of infection control
- ◇ Safety procedures

Human Physiology and Anatomy

- ◇ Cells
- ◇ Tissues
- ◇ Organs
- ◇ Systems and their functions

Skin Histology

- ◇ Structure and function of the layers of the skin
- ◇ Glands
- ◇ Hair follicle
- ◇ Functions of the skin

Skin Diseases and Disorders

- ◇ Acne
- ◇ Sebaceous gland
- ◇ Sudoriferous gland
- ◇ Inflammation
- ◇ Infections
- ◇ Pigmentations
- ◇ Contagious
- ◇ Skin growths
- ◇ Aging

Hair and its Growth Cycle

- ◇ Structure of hair
- ◇ Growth cycle of hair
- ◇ Excessive hair growth

Basic Chemistry

- ◇ Acidity/Alkalinity (pH)
- ◇ Common elements
- ◇ Compounds
- ◇ Mixtures
- ◇ Organic and inorganic

Cosmetic Ingredients

- ◇ Product ingredients
- ◇ Product labeling
- ◇ Product safety

Factors that Affect the Skin

- ◇ Intrinsic factors
- ◇ Extrinsic factors

SERVICES 35 %

Skin Analysis and Procedures related to Consultation, Documentation, and Treatment

- ◇ Client consultation
- ◇ Draping
- ◇ Skin analysis
- ◇ Treatment protocol
- ◇ Documentation

Cleansing Procedures

- ◇ Product selection
- ◇ Product application
- ◇ Product removal

Towel Steaming Procedures

- ◇ Safe application of towel
- ◇ Safe removal of towel

Exfoliation Methods

- ◇ Methods
- ◇ Product selection
- ◇ Product application
- ◇ Product removal

Safe and Proper Methods of Extractions

Massage Movements and their Effects

- ◇ Friction
- ◇ Effleurage
- ◇ Petrissage
- ◇ Tapotement
- ◇ Vibration
- ◇ Dr. Jacquet

Contraindications for Massage

Masks

- ◇ Types of masks
- ◇ Application procedures
- ◇ Removal procedures

Electricity and Use of Electrical Equipment

- ◇ Types of electrical current
- ◇ Principals of electricity
- ◇ Various electrical equipment
- ◇ Contraindications and electrical equipment safety

Methods of Hair Removal

- ◇ Hair removal methods
- ◇ Hair removal products
- ◇ Supplies and implements
- ◇ Contraindications and hair removal safety

Color Theory and Makeup Application

- ◇ Color theory
- ◇ Analysis of face shapes and features
- ◇ Product and implements
- ◇ Safe application of makeup

Advanced Services

- ◇ Reflexology
- ◇ Water hydrotherapy
- ◇ Algae treatments
- ◇ Body wraps
- ◇ Acupressure
- ◇ Lymphatic drainage
- ◇ Microdermabrasion
- ◇ Aromatherapy
- ◇ Chemical peels
- ◇ Camouflage makeup
- ◇ Other advanced services

Sample Questions

The following sample questions are similar to those on the NIC Esthetics Written Examination. Each question is followed by four answer choices. Only one choice is correct. Correct answers are listed following the sample questions.

SAMPLE QUESTIONS

1. What is an alternative to the use of wet cotton pads when cleansing the face?
 - a. Gauze
 - b. Tissues
 - c. Dry pads
 - d. Facial sponges
2. What is the most important reason for the regular use of good hygiene in the salon?
 - a. It builds customer confidence
 - b. It helps the shop look better
 - c. It maximizes financial profits
 - d. It avoids the spread of infection
3. Psoriasis appears as
 - a. elevated nodules.
 - b. loss of body hair.
 - c. a viral infection.
 - d. scaly, red lesions.
4. What is a beneficial action of a clay mask?
 - a. To deepen color
 - b. To soften the skin
 - c. To absorb impurities
 - d. To increase temperature
5. When giving a massage, it is always important that the client is
 - a. kept cool.
 - b. Stimulated.
 - c. sitting up.
 - d. fully relaxed.
6. Muscular tissue may be stimulated by
 - a. a massage.
 - b. an ice pack.
 - c. a makeup base.
 - d. an astringent.

7. Which one of the following are open sores on tissue surfaces?
 - a. Cysts
 - b. Ulcers
 - c. Polyps
 - d. Nodules
8. After removal of a facial mask, what should be used to tone the skin?
 - a. Paraffin wax
 - b. A mild astringent
 - c. A mild disinfectant
 - d. A solution of uric acid

Answers

- | | | | |
|------|------|------|------|
| 1. d | 3. d | 5. d | 7. b |
| 2. d | 4. c | 6. a | 8. b |

ESTHETICS REFERENCES

Milady's Standard Fundamentals for Estheticians 9th Ed, 2004

Milady, an imprint of Thomson Delmar Learning
5 Maxwell Drive
Clifton Park, NY 12065
(800) 730-2214

Milady's Standard Textbook for Professional Estheticians, 8th Ed.

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5 Maxwell Drive
Clifton Park, NY 12065
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Salon Fundamentals Esthetics A Resource for Your Skin Care Career 2004

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NIC Health and Safety Standards

NIC, Inc., October 2002
www.nicesting.org